

Look and Feel Clean, Sweet and Fresh Every Day

Drink a glass of real hot water
before breakfast to wash
out poisons.

Life is not merely to live, but to live well, eat well, digest well, work well, sleep well, look well. What a glorious condition to attain, and yet how very easy it is if one will only adopt the morning inside bath.

Folks who are accustomed to feel dull and heavy when they arise, splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, can, instead, feel as fresh as a daisy by opening the sluices of the system each morning and flushing out the whole of the internal poisonous stagnant matter.

Everyone, whether ailing, sick or well, should, each morning, before breakfast, drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and bowels the previous day's indigestible waste, sour bile and poisonous toxins; thus cleansing, sweetening and purifying the entire alimentary tract before putting more food into the stomach. The action of hot water and limestone phosphate on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast. While you are enjoying your breakfast the water and phosphate is quietly extracting a large volume of water from the blood and getting ready for a thorough flushing of all the inside organs.

The millions of people who are bothered with constipation, bilious spells, stomach trouble, rheumatism; others who have sallow skins, blood disorders and sickly complexions are urged to get a quarter pound of limestone phosphate from any store that handles drugs which will cost very little, but is sufficient to make anyone a pronounced crank on the subject of internal sanitation.—Adv.

Absent-Minded.

"You say that the cook that Sub-bubs married has left him?"
"Yes. Force of habit, you know. Forgot she was married to him."

A Kidney Medicine That Makes Friends Everywhere

Thirteen years ago we commenced selling Dr. Kilmer's Swamp-Root and during our entire experience we have not encountered a single unpleasant dealing with our customers who have used it. It is a preparation that gives universal satisfaction, and our customers are always pleased to speak in the highest terms regarding it. We have sufficient confidence in Swamp-Root to recommend it and consider we are doing our customer a favor.

Very truly yours,
BARNETT-SCHENK DRUG CO.,
Jan. 10th, 1916. Roanoke, Va.

Letter to
Dr. Kilmer & Co.
Binghamton, N. Y.

Prove What Swamp-Root Will Do For You
Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.—Adv.

Reckless Bravery.

"Would you lead your troops in a charge, is necessary?"
"I might," replied the modern strategist, "if I couldn't get a telephone connection with the front."

To stop bleeding use Hanford's Balsam. Adv.

Early Words.

Mrs. Styles—My children began studying French very young.
Mrs. Myles—Is that so? Let me see, what is "goc-goo" in French?

FRECKLES

Now Is the Time to Get Rid of These Ugly Spots.

There's no longer the slightest need of feeling ashamed of your freckles, as the prescription ointment—double strength—is guaranteed to remove these homely spots. Simply get an ounce of ointment—double strength—from your druggist, and apply a little of it night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion.

Be sure to ask for the double strength ointment, as this is sold under guarantee of money back if it fails to remove freckles.—Adv.

Domestic tragedies generally originate within rather than without the home environment.

The things that don't concern them are the very things that give some people the most concern.

Kennedy's amazement gave the Chinamen a chance. Before he realized it, in his complete surprise, he was forced back on the post and held there just long enough for Long Sin to wind a rope around him, binding his arms, legs and body to the post.

Then Wu Fang walked over before him and faced him.

"Come over here, my dear," he called to Inez. "Let me introduce Prof. Craig Kennedy to you—Innocent Inez."

"By the way," he went on to Inez, "how did you leave the real Elaine?"

Inez looked at her watch. "She is locked in her attic," she replied with evident enjoyment. "The house will start to burn by spontaneous combustion in exactly twenty minutes."

Upstairs in the attic of the Dodge house Elaine, in the queer chair, was just recovering a bit from the effects of the vapor.

Still as the minutes lengthened she began to breathe more regularly as the stupefying effects of the vapor wore off, and was just beginning to move her head in the first unconscious endeavors to grasp at consciousness.

It must have been just at this point that, following Kennedy's instructions, I arrived at Elaine's house.

As Jennings led me into the library I was met by Aunt Josephine.

"Craig has gone off on a clue," I explained, "and has asked me to drop in to see how things are. Is Elaine all right?"

"Why, I haven't seen her for an hour or more," answered Aunt Josephine. "I think she must have gone out. Won't you sit down?"

There was nothing else to do. On the chance that she might come back, I sat down, considerably worried now, about the note and her absence.

Upstairs, if we had only known it, Elaine had now regained consciousness.

Worse than that, the time was up for the water to be drained off the phosphorus.

As the last drop was siphoned off the vessel by the capillary tube, the deadly element seemed to burst into flames and white fumes. Instantly the dry tinderlike excelsior and other stuff caught fire.

Helpless, tied to the post, Kennedy had not ceased struggling to free himself, though without avail.

Suddenly an idea occurred to him. He gazed down at his hands and wrists. Suppose they were not free? Was there no way to use them?

Slowly he turned his arm around until the outside of his wrist pressed on a rope. Then he drew his upper arm tight to his side, still with his wrist pressing on the rope.

His heart fairly leaped. It worked! The cuff link which he had devised as a cigarette lighter as a joke on me was burning the rope.

Then he pulled at the weakened ropes as he had before in his futile struggles.

They broke.
Just on the other side of the door he could hear the low buzz of the argument as Long Sin urged Wu to allow him to kill Kennedy.

"Very well, then," Wu at last agreed, looking at his watch and nodding to Long Sin and the others who sprang forward.

Free from his bonds, Kennedy had been standing a second wondering how to escape from the room. Just

So unexpected was the assault that before he knew it Long Sin was also sprawling beside his master.

Craig seized the only weapon at hand, a tabor, and brought it down with smashing blows on the heads of the other astounded and un-nerved Chinamen.

Once on the street, even in China-town, he was safe.

But it was not his own safety now that had nerved up his strength to escape from the unescapable.

Was he in time?

"I think I had better go back to the laboratory and wait for Craig," I said at last to Aunt Josephine after waiting for a time that seemed like hours. "Please let me know the moment you hear from Elaine."

I was about to turn from the foot of the steps to the Dodge house, when a taxicab came dashing up almost on the sidewalk urged on by some maniac inside. Imagine my surprise to see Craig, wild and dishevelled, leap out. "Is Elaine here—safe?" he demanded.

"She isn't home," I managed to reply.

"Are you sure?" he repeated. "Did you search?"

He uttered a sudden cry, pointing up at the roof.

"Look!" he gasped horrified.

I stared in blank amazement. Smoke was pouring out of the attic windows in dense black columns, lighted by an angry flame.

"Fire!" shouted Kennedy, dashing instantly into the house.

As we mounted the stairs now we could hear muffled screams from the attic.

Smoke was pouring out from under the door and even through the keyhole. Jennings had heard Kennedy's call and was now dashing up after us with a fire extinguisher. Back of him came Aunt Josephine and Elaine's maid, Marie, screaming for help.

Like a human battering ram we went through that door. A sheet of flame shot out at us with the draft. But Kennedy stopped for nothing.

There was Elaine in a chair which the devilish mind of Wu Fang had devised to imprison her while the flames licked out her beauty and life. Instantly Craig understood and acted.

"Carry her out!" he cried, gasping for breath himself.

Together we seized the chair and its precious burden. Not a moment too soon we set the chair down outside in the hall, ourselves scorched and blistered.

It was as though Craig had accepted the challenge of the fiery monster. He seized the extinguisher from Jennings and attacked the flames.

By this time Jennings, Marie and Aunt Josephine had succeeded in unfastening Elaine, as our sudden onslaught with chemicals and force brought the fire demon under control.

"Are you—all right?" gasped Craig, stooping over Elaine as she leaned back half-fainting in his arms.

"Are you?" she murmured heroically, forgetting her own hurts in her fear for him.

(TO BE CONTINUED.)

Professional Pot Boiling.

When a historian or biologist spends part of his time in coaching or extension lecturing in order that the rest of it may be devoted to his researches, these subsidiary functions must obviously be classified under the heading of potboiling.

He teaches in order that he may have time and money for study.

The educational enthusiast, on the other hand, studies that he may teach; he regards teaching as the one thing in the world which it is a privilege to be allowed to do, and therefore rejoices if he is permitted to give his didactic impulses full play without having to divert any of his energies into some less fascinating pursuit.

Going Home to Mother.

Just what I mean by going home to one's mother in its larger sense is perhaps a little difficult to define. Yet surely, it must be a very universal experience. Have we not all at some time—often following a period of confusion and stress of circumstances—suddenly experienced that deep sense of finding ourselves where we belonged? A sense of restfulness, of homecoming, of general rightness and well-being? It is a sloughing off of the nonessential and the trivial and a shifting of the spirit into deeper and simpler channels; a pause, when in the midst of all this mad dance of time and circumstance one gets a sudden, enlarging glimpse of truth and of eternity.—Atlantic Monthly.

Irresistible.

Never argue with the barber. He can, in three minutes, think of more reasons why you should have a massage than you can confute in a week.—Oklahoma City Times.

Has Monopoly of Borax.

All the crude borax material used in this country is obtained from three mines, all in southern and southeastern California.

A New Remedy for Kidney, Bladder and all Uric Acid Troubles

Dear Readers:

I appeal to those of you who are bothered with kidney and bladder trouble, that you give up the use of harsh salts or alcoholic medicines and in their place take a short treatment of "Anuric." I have taken many of Dr. Pierce's medicines for the past twenty-five years with good results. I suffered with kidney trouble for some years. I recently heard of the newest discovery of Dr. Pierce, namely, his "Anuric" Tablets. After using same I am completely cured of my kidney trouble. A doctor pronounced me a well preserved woman for my age, all due, I believe, to Dr. Pierce's aid. MRS. MELINDA E. MILLER.

If you suffer from backache, lumbago, rheumatism, get "Anuric" now.

Not to Be Thought of.

"I see that popular actresses are being photographed with their pet monkeys."

"I wonder what they'll be doing next?"

"That's hard to say, but I'm certain of one thing."

"And what is that?"

"It will be a long time before you see one of them photographed with her husband."

For bunions use Hanford's Balsam. Apply it thoroughly for several nights and rub in well. Adv.

Just a Suggestion.

"My boy," said the man of millions, "I have no objections to your marrying my daughter, if she'll have you."

"Thank you, sir."

"But I must make one condition."

"Name it, sir."

"I'm a bit old-fashioned in my ideas and I shall expect to be the grandfather of something more worth while than a poodle."

Black eyes are most beautiful when given by nature.

After Grip— Winter Colds— Bad Blood

You are pale, thin, weak—with little vitality. Your liver is sluggish and the bad blood causes your stomach muscles to lose their elasticity and become flabby—then indigestion.

Dr. Pierce's Golden Medical Discovery, purely vegetable and free from alcohol or narcotics, is the great and powerful blood purifier of today. Extracted from American forest herbs and roots. Contains no alcohol. Ingredients printed on wrapper.

Taken as directed it will search out impure and poisonous matter throughout the system and eliminate it.—Adv.

You Can Remember This, Too.

"What a nuisance the telephone is at times."

"Yes, but it isn't half the nuisance it used to be."

"What do you mean?"

"I can remember the time when telephones weren't so common. I used to have to spend most of my evenings carrying unimportant messages to the neighbors."

Golden Rule in Business.

You get your money's worth every time. Hanford's Balsam is guaranteed to cure ailments and injuries that can be reached by external application or your money will be refunded by the dealer. Getting a bottle now is like taking out insurance. Adv.

Encouraging Sign.

"I met Dubwaite yesterday and he told me his mind was occupied."

"I'm not surprised."

"No?"

"The real estate men tell me a great many vacant places in the city are filling up."

Theory is the pioneer of practice.

Kansas City Women Opposed To Giving Children Medicine

They Find "External" Treatment Better
Than Internal Medicines for
Children's Colds.

We give below letters from a number of Kansas City, Mo., ladies who were selected by their druggists to try out Vap-O-Rub—the "outside" treatment for cold troubles, introduced in Kansas City last winter. Vap-O-Rub is the invention of a North Carolina druggist. It comes in salve form, and has a two-fold action—first, the body heat releases the ingredients in the form of vapors, that are inhaled with each breath—second, Vap-O-Rub is absorbed through and stimulates the skin, aiding the vapors inhaled to relieve the congestion.

Mrs. James Hollens, 1928 Tracy Ave., has used Vick's for colds in the chest and asthma, and has also used it on her children, and "finds it excellent."

Mrs. Almira Turner, 1214 E. 24th St., relieved her husband of bronchitis with two nights' applications. She also used on her four months old baby for cold and on the other children, and says—"I find Vap-O-Rub does everything you say."

Mrs. T. L. Marshall, 139 N. Lawndale Ave., has two children, one six

years old and one eight months old. The baby last winter had an obstinate cough for quite a while. Mrs. Marshall used Vap-O-Rub and writes—"The cough soon yielded to this treatment after several different cough medicines had been tried with no effect." Mrs. Marshall also writes—"Vap-O-Rub appeals to us because the delicate little stomachs are not being loaded down with medicines containing opium and other harmful ingredients."

Mrs. J. S. Hollis, 3622 Forest Ave., used Vap-O-Rub for "a terrific cold—could not breathe through my nose at all—impossible to go to sleep. Used Vick's Vap-O-Rub and in five minutes was asleep and breathing easily."

Mrs. W. A. Winkler, 6228 E. 15th St., says—"My baby had a cold, almost pneumonia. I used Vap-O-Rub on him as directed, and in one day's time he was better."

Mrs. Anna Taylor, 6040 Walrond Ave., has four children, and says—"I have never used anything as good for coughs and colds as Vap-O-Rub."

Mrs. Harry Webb, 2123 E. 37th St., says—"Our little girl is very susceptible to colds, and in fact this is the only winter and spring that she has escaped pneumonia, and we believe it is Vap-O-Rub that has kept her from a spell this year." Three sizes—25c, 50c and \$1.00.

VICK'S VAPORUB SALVE



INFLUENZA

Catarrhal Fever, Pink Eye, Shipping Fever, Epizootic

And all diseases of the horse affecting his throat speedily cured; colts and horses in same stable kept from having them by using Spohn's Diatemper Compound, 3 to 6 doses often cure; one bottle guaranteed to cure one case. Safe for brood mares, baby colts, stallions, all ages and conditions. Most skillful scientific compound. 50c and \$1 per bottle; \$5 and \$10 a dozen. Any druggist or delivered by manufacturers. SPOHN MEDICAL CO., Goshen, Ind.

Wanted 50,000 Farm Hands

of experience at once on the farms of
Western Canada

To replace the young farmers who have enlisted for the war. Good wages and full season's work assured.

There is no danger or possibility of Con-scription in Canada.

References required from all applicants. For special railway rates and other information apply to

W. S. NETHERY, Room 82, Interurban Bldg., Columbus, O.
Authorized Canadian Government Agent

NO PASSPORTS ARE NECESSARY TO ENTER CANADA



"Are You All Right?" Gasped Craig.

then he heard footsteps outside. Quickly he replaced the ropes about him so that they looked as if he were still bound by them.

The door opened, and Wu and Long Sin entered, each with a knife, while behind them were three other Chinamen.

Wu advanced. Slowly he raised his knife to strike.

"The white girl is slowly being burned to death," he hissed, brandishing the knife. "The allotted time is spent."

As he poised the knife in fiendish glee, Kennedy leaped forward from his loosened bonds and knocked him to the floor.